LA COUNTY LIBRARY

Activity Idea

52 Things…

Recommended for Ages 12 - 18

Boost your sense of well-being through mindfulness and the expression of gratitude.

You will need the following materials:

- A deck of playing cards (an incomplete deck would work fine)
- A glue stick
- Ribbon, yarn, or string
- Scissors
- Markers
- Scrapbook paper
- Single hole-puncher
- Pencil
- Ruler
- Blank sheet of paper
- Old magazines

Image courtesy Enoch Lau on https://commons.wikimedia.org/wiki/File:8_playing_cards.jpg

Instructions:

1. On the blank sheet of paper write down things that make you happy or that you are grateful for.
2. Go through the old magazines and look for images that represent any of the things you listed and cut them out. Feel free to cut out letters and words too.
3. Measure a playing card so you know the dimensions when the time comes to cut the scrapbook paper. You can cover the entire card or place the scrapbook paper in the center. The placement is up to you.
4. Once you have figured out how you would like to place the scrapbook paper, begin gluing to the playing cards.
5. Now it's time to decorate and add pictures, words, or drawings of things from the list you made at the beginning of the activity.
6. Punch two (or three) holes on each card. Try to make the holes in the same place on each card so they all line up. Use the ruler if you want to be as precise as possible.
7. Thread the ribbon (or yarn) through the holes in each of the decorated cards to make a booklet that you can take with you wherever you go.